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Housekeepers' Chat Wednesday, December 19, 1928

(NOT FOR PUBLICATION)

Subject; "What Do You Know About Cheese?" Approved by the Bureau of Home Economics, U. S. Department of Agriculture. Menu and Recipe from the Bureau.

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"Uncle Ebenezer," I said the other day, "you are a wise man, and one for whose knowledge I have the greatest respect. What do you know about the history of cheese?"

"Cheese," said Uncle Ebenezer, thoughtfully, "well, I know that cheese has been one of man's most sustaining foods, since the earliest days of the world's history. I know that Old Parr, a man who is said to have lived to be over a hundred and fifty years of age, was of the opinion:

'That green cheese was most wholesome with an onion,
Coarse Mechlin bread; and for his daily swig,
Milk, buttermilk, and water, whey or whig.'"

"That's interesting," I said. "Do you suppose the green cheese and onions were responsible for his ripe old age?"

"As to that," said Uncle Ebenezer, "I cannot say. I also know that the onion has been highly esteemed, as an article of food, from the earliest times. A long time ago, onions were used in desert regions by travelers and soldiers, to prevent thirst. The onion --"

"Whoa there!" I interrupted him, "I didn't ask you about onions -- I want information about cheese. Do you know that in 1926 we produced a little over four hundred million pounds of cheese, and imported an additional seventy-eight million pounds? Fully three-fourths of our domestic cheese is the Cheddar variety; we also produce smaller quantities of Swiss, Limburg, Brick, Munster, and Cream cheese. The imported cheese includes the higher priced cheese, such as the Emmenthaler from Switzerland; Parmesan and Gorgonzola from Italy; Roquefort, Camembert, and Brie from France; and Edam from Holland. Did you know that?"

"No," admitted Uncle Ebenezer, "where did you learn so much all at once?"

"Never mind. Let me finish. Ordinarily, cheese is classified as either hard or soft. The most common soft unripened cheeses are cottage, cream, and Neufchatel, which must be eaten fresh. Then there are numerous soft ripened cheeses, such as the Camembert, Liederkranz, and Limberg, which may be kept for a longer period. Of course, if Limberger cheese is kept too long --"

"I know," said Uncle Ebenezer. "I know just exactly what you mean. Once, when I was baching, I kept a Limberg cheese too long, and I've never forgotten it. Why, that cheese --"

"Never mind," I said again. "I'm not through with my talk yet. Did you know that Cheddar cheese and Swiss cheese are the most popular raw cheeses? In salads, we use cream cheese, Neufchatel, and Roquefort, and cottage cheese. Cottage cheese is simple, wholesome, economical, and attractive. What is more appetizing than a salad of snowy white cottage cheese, on green lettuce, with a good dressing, and a few strips of pimento and a dash of paprike for garnishing? And then, what's better, in salad dressing, than a bit of piquant flavored Roquefort cheese?

"Cheese is a real food. Cottage cheese is a skim milk product, very rich in body building material, and is probably one of the most economical protein foods we have.

"As for its digestibility, cheese, either raw or carefully cooked, is as thoroughly digestible as other staple foods, and is not likely to produce physiological disturbances. In order that the diet may remain well balanced, cheese, if used in quantity, should <u>replace</u> foods of a similar composition, rather than <u>supplement</u> them. So many times cheese is made an <u>accessory</u> to the diet, instead of a <u>prominent</u> <u>part</u> of it. And what is more --"

"Say, Aunt Sammy!" said Uncle Ebenezer, suddenly, "just <u>what</u> is your idea in explaining all this to me?"

"Never mind. There's one more point, and that's about keeping cheese. It should be kept in a cool, well-ventilated place, wrapped in a slightly dampened cloth, or in paraffin paper. Occasionally, molds develop upon the surface of cheese. But the growth of mold does not make the cheese unfit for food. The moldy part should be cut away.

"Now, in conclusion, let me tell you eight reasons why cheese is a good food. First, it is one of the most nutritious of foods; second, it contains no waste; third, it is the basis of many dishes; fourth, it is pleasing in texture, flavor, and color; fifth, it gives variety to the diet; sixth, it has comparatively good keeping qualities; seventh, it is rich in the growth vitamin A; eighth - eighth - eighth --"

"What's wrong?" inquired Uncle Ebenezer. "Do you mean to say you've forgotten the eighth reason why cheese is a good food? Why Aunt Sammy, and I thought you were infallible!"

"Never mind," I said, "it will come to me after while. Perhaps while I'm cooking supper."

"Supper," said Uncle Ebenezer, "that sounds good. Let's have Cheese Toast and Bacon for supper -- talking about cheese makes me want it. And if you have time, I wish you'd make some of those funny little biscuits, with orange peeling stuck in them. Will you?"

I did. I made Cheese Toast and Bacon; fixed a salad of Grapefruit and Nuts, with French Dressing, and made Orange Turn-over Biscuits. We had coffee, too, and the meal was so good that I decided to use the same menu when I have company, next week. Let me give you my recipe for Orange Turn-over Biscuits; they're nice enough for a tea party, if you're planning to give one soon. Eight ingredients, for Orange Turn-over Biscuits:

Orange Turn-Over Biscuits

1 cup milk	1 teaspoon salt
3 cups sifted soft-wheat flour	1/4 cup melted butter
4-1/2 tablespoons fat	Grated orange rind, and
4 teaspoons baking powder	Sugar

Sift the dry ingredients, and mix in the fat, with the tips of the fingers, or a biscuit cutter. Make a well, in the center of the flour and fat mixture, add the liquid slowly, and mix it in with a fork. When a fairly stiff dough is formed, knead for a few seconds until smooth; that is, knead just a few times. Roll out about 1/4 inch thick, on a lightly floured board, cut with a small biscuit cutter, and fold over like a pocketbook roll. Dip quickly into the melted butter, drain, and put in a baking pan. To each tablespoon of grated orange rind, add 1 tablespoon of sugar, and mix well. With the tip of a knife, place a small quantity of the orange and sugar mixture between the folds of the biscuits and spread a little over the top. Bake in a medium hot oven until lightly browned. Serve at once.

To repeat the menu: Cheese Toast and Bacon; Grapefruit and Nut Salad with French Dressing; Orange Turn-over Biscuits; and Tea, Coffee, or some other hot beverage.

While we're on the subject of cheese, I know a very nice salad which can be made with cottage cheese and fruit. Serve half of a large yellow canned peach on lettuce, pile a tablespoon of cottage cheese lightly in the center of the peach, add a dab of mayonnaise, and a sprinkle of paprika over all. There -- wouldn't that be pretty for a gold and white luncheon? If preferred, cream cheese can be used instead of cottage cheese.

One thing I like about cheese -- it's so easy to serve. Well, that's the eighth reason for using cheese -- it's easy to serve. Knew I'd think of it some time.

Tomorrow: "Spare the Holly."

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